



PCET's  
S. B. Patil Institute of Management  
Gender Equity Series

Topic: "Food, Diet and Nutrition – An  
Overview"

Date: Thursday, 16<sup>th</sup> April 2021



Faculty coordinators: Dr. Swapnali Kulkarni

Students Coordinators: Ms. Gauri Sasturkar

No of students participated: 38

No of Faculty participated: 10

Report:

S. B. Patil Institute of Management organized a session on "Food, Diet and Nutrition" considering the importance of the topic via zoom platform. The session was delivered by Mrs. Sanjyot Sandupatla, Fitness Trainer and Nutritionist.

All the ladies staff members and the Girl students of MBA -I & II year were present online for the session. Firstly, Lady Representative Miss. Gauri Sasturkar started the session by explaining why the sessions on "Gender Equity" are important for girls. A welcome speech was given by Miss. Rutuja Adsul from MBA I year. She welcomed Mrs. Sanjyot and all the ladies who joined via zoom platform.

Mrs. Sanjyot Sandupatla started her session by emphasizing on the importance of food we eat and the nutrition we get from it. She said that nutrition in day-to-day life is very important and should not be missed. She explained how nutrition nourishes the body and how much it is needed.

After that she talked about carbohydrates, Fats, Vitamins. Further she explained that how much carbs n fats should one have. She said that "keep your body hydrated daily as it helps to keep



Director

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oneself fresh". She also said that due to pandemic the lectures are conducted online from morning till evening, for mental health fitness one should practice meditation.

Most of the participants found the session very informative and useful. Questions answer session was coordinated by Miss. Shivani Bhojne. The session ended with Vote of thanks proposed by Miss. Rutuja Chandere thanking Mrs. Sanjyot Unki Sandupatla and all the participants.

Photos:



  
**Director**  
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